

Caregiver Support Group

NEW EARLY STAGE SUPPORT GROUP

3rd Thursday of each month from 10:00am – 11:00am

Connecting with others who have the same kinds of struggles as you do is an important part of coping with Alzheimer's disease. Groups are facilitated by trained professionals or former family caregivers, whose primary purpose is to provide knowledge about Alzheimer's disease while allowing members to receive emotional support and encouragement from others in a similar situation.

Our Support Group Can Help You:

- *Feel less lonely, isolated or judged
- *Gain a sense of empowerment and control
- *Improve coping skills
- *Reduce distress, depression or anxiety
- *Develop a clearer understanding of what to expect
- *Get practical advice and information
- *Improve your quality of life

Where:

Alzheimer's Care Resource
Center 2328 10th Ave N #600
Lake Worth, FL 33461

Facilitated By:

Lisa Santini, Alzheimer's Care
Resource Center



RSVP to (561) 588-4545 today!

Call us at (561) 588-4545 for more info about this caregiver support group.